

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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- ◆ National Caregiver Month
- ◆ Coffee, Tea and (Health) Talk
- ◆ Flu Season - already?
- ◆ Home Energy Assistance Program
- ◆ Medicare Open Enrollment



The ADRC Connection

November 2017

Thank You to Our Veterans

Saturday, November 11th is Veterans Day in the United States. We want to acknowledge all Veterans for their service! The world of Veterans' benefits is expansive and, with benefits offered at various levels of government, can be confusing to navigate. Luckily, you don't have to do it alone, and you don't have to drive too far to speak with someone.

Waukesha County Veterans Services is a Division within the Department of Health & Human Services that connects Veterans to their benefits and works to improve the overall quality of life for our Veteran community. The majority of our staff are Veterans, so we not only understand military service, but we also have applied for and use many of the benefits our Veterans and their spouses seek. Our experience, combined with our training and direct access to VA databases and officials gives us unique insight into the process. This insight gives us the ability to avoid obstacles often found in the claims filing process.

In addition to filing for benefits, we also work with local organizations to enhance the quality of life for our Veteran community. Through these efforts, organizations like the Wisconsin Philharmonic and Sharon Lynn Wilson Center for the Arts have created special discounts and events for Veterans. We've also created an annual Veterans' Resource Fair, now held every October, to bring together our Veterans and the agencies that provide their most requested services.

Whether you are a Veteran or the family member of one, feel free to visit us to find more!

Veterans Service Department

Human Service Center, 514 Riverview Avenue
Waukesha WI, 53188

Phone: (262) 548-7732, TTD: (262) 548-7311C

Fax (262) 896-8588

Monday through Friday, 8:00am to 4:30pm

Website: <https://www.waukeshacounty.gov/veterans>

Email: vetserve@waukeshacounty.gov





The Caregiver Connection is a collaboration between the ADRC of Waukesha County, United Way, and ERAs Senior Network, designed to provide information, support, timely access to **resources**, assistance navigating the system, and educational opportunities for caregivers in Waukesha County. Visit thecaregiverconnection.org for more information.

“Be Strong, Make Your Voice Heard”

November is National Family Caregiver Month. The Caregiver Coalition of Waukesha County is highlighting Claudia, a local caregiver for her husband Wayne. Claudia has demonstrated an extraordinary willingness to embrace caregiving throughout her life. She is a shining example of **advocacy** for her husband and others in the community. Whenever there is an opportunity, she can be found speaking with enthusiasm for those in a caregiving role. Most recently, Claudia has teamed up with the Sussex Senior Program Coordinator to establish a Caregiver **Support group**.

Claudia recognizes today that she has been a caregiver for most of her life in a wide variety of roles. “Different cares”. We were foster parents, so that is caregiving. I worked at a preschool, caregiving. I worked in a medical office, caregiving. Wayne’s mother had a stroke and I quit my job to take care of her in our home for about 3 years.” But she didn’t **identify** herself as a caregiver until Wayne’s dementia care needs progressed.

As Wayne’s dementia progressed, Claudia realized she had to be an advocate. “You have to speak up because your loved one is not able to do it.” When you are taking care of someone who has a lot of mental and physical problems, you have to **learn** to take charge. Her words of advice to other caregivers are “acknowledge the disease, don’t try to hide it.” She encourages caregivers to learn everything they can about the disease and **talk** to others who know about it. “Be strong, make your voice heard.”

Claudia and Wayne’s relationship has inevitably changed, “but that does not mean it has to deteriorate, it just means that it is different.” Claudia recommends that couples have to start working with it and build around it. “Talk to each other, hold hands, give **kisses** and **hugs**. A big part of caregiving is showing the care receiver that you still care.” As the disease progressed, the roles that each had throughout their relationship have also changed. Wayne used to be the one who did all of the things Claudia could not, and now he can’t do those things anymore. “It was hard for me and at times, it still is hard to suddenly come upon something he always took care of.” Now she has to handle whatever may come their way on a daily basis but that is all part of their journey.

Claudia lists the top three things that have helped on her caregiving journey:

- ◇ My husband’s love. He never fails even now to tell me he loves me.
- ◇ My kids saying, “Mom you’re doing a good job.”
- ◇ Social workers who have stepped up, given advice, and been very **caring**.

So you may ask yourself how does she do all of this and still stay positive for herself, Wayne, **family** and everyone she meets? The answer lies in her toolbox for caregivers.

Claudia’s toolbox for caregivers includes:

- ◇ **Safety** proof the home. This could include adding **grab bars**, a ramp, over the toilet commode, shower bench, hand held shower, hospital bed, clearing **walkways** and much more.
- ◇ Find resource information such as where to get needed supplies such as gloves, incontinence supplies, easy on and off clothing with **elastic** waist bands.
- ◇ Make sure you have a doctor you can **communicate** with and only one pharmacy.
- ◇ Read the book, “*Still Alice*” which touched on what the care receiver is going through. Having this perspective made it easier for Claudia to understand and interpret the changes in Wayne. This helped Claudia to understand that “something that may appear to be the care receiver not wanting the help may be his fear and the caregiver misunderstanding what is going on”.



- ◇ Many things have to be “just matter of fact, don’t make a big deal about it”. Claudia describes that it took her a while to realize that Wayne was not washing himself. She describes, “All he was doing was hosing himself with water, no washing at all”. All I had to do was take over matter-of-factly, “Here, let me wash your back”. She says some days he is just totally against taking a shower, so what?” Tomorrow is another day. It’s not worth getting him upset or me upset.”

Claudia recognizes that there are many people in the world who have needs and all anyone can do is try to show others that there are people who care. Whether you are a **caregiver**, a past caregiver or have never been a caregiver, she suggests, “be more in tune and involved with people. Don’t be afraid to speak up and ask, “do you need some help?” The offering doesn’t have to be big, according to Claudia. Sometimes it is the unexpected little thing that someone does for you that can make a huge difference in their day. This was exemplified by two boys in her neighborhood who stopped by one Sunday morning. She opened the door and there they were, holding this gorgeous bouquet. They shared hugs and laughed together. Their mom later told Claudia they were thinking of her and wanted to do that. It has been weeks and Claudia still feels “really, really good” when she thinks about it. “It doesn’t have to be big, little things mean a lot.” It’s that little act of kindness that can give a warm loved feeling for weeks.

Complete the Word Search below using the words in GREEN in the Caregiver Connection article!

P	Y	I	H	R	S	L	G	K	R	C	C	R	C	S
O	U	Q	E	A	E	R	K	E	T	A	F	B	I	S
C	Y	O	F	A	A	N	V	D	G	R	I	E	T	I
E	K	E	R	B	D	I	T	U	X	I	D	T	S	K
O	T	E	B	G	G	V	H	R	S	N	E	A	A	O
Y	I	A	C	E	T	R	O	N	A	G	N	C	L	A
H	R	O	R	Y	A	R	A	C	L	P	T	I	E	H
S	F	A	M	I	L	Y	O	F	A	V	I	N	V	W
K	C	V	N	E	O	H	P	P	U	C	F	U	Q	R
R	E	S	O	U	R	C	E	S	P	G	Y	M	U	F
S	Y	A	W	K	L	A	W	M	N	U	S	M	B	J
D	S	N	X	D	L	I	I	I	A	I	S	O	H	D
P	T	T	R	I	X	A	V	P	N	G	F	C	X	E
N	P	D	N	P	O	O	T	C	F	D	J	J	O	Y
M	W	U	I	G	L	N	R	A	E	L	X	C	N	V

Evidence Based Health Promotion Program

Evidence-based prevention programs have been researched and are proven to have positive results to promote safe, healthy aging. The primary goals of Evidence-Based Prevention and Education Programs are to empower adults to adopt healthy behaviors, improve health status, and manage chronic health conditions better. The workshops are run by trained leaders. For a full list of these and future classes available, contact the ADRC (ask for Lee) or check out our website <https://www.waukeshacounty.gov/ADRCWorkshops/>

COFFEE TEA & (HEALTH) TALK

WHEN:

First Tuesday of each month
10 am - 11 am

WHERE:

Waukesha County Health &
Human Services -Room 114

514 Riverview Road, Waukesha,

FEATURING :

COMPLIMENTARY COFFEE, TEA and TREATS
MONTHLY HEALTH TOPICS PRESENTED BY EXPERTS
TIME FOR QUESTIONS AND ANSWERS
OPPORTUNITY TO BUILD RELATIONSHIPS
HOW CAN THE ADRC HELP YOU ?

SEATING IS LIMITED: RESERVATIONS REQUIRED
CALL LEE: (262) 548 - 7848

FOR OLDER ADULT LEARNERS

NOVEMBER 7

Experts in Arthritis

Developed by the US Bone &
Joint Initiative for people
with arthritis and those who
care for them.

DECEMBER 5

Health Care

Power of Attorney

It is never too late to talk
about end-of-life care and
your personal wishes.
Holiday gatherings are
opportunities to talk about
your wishes.

JANUARY 2

Fit to a T

Developed by the US Bone &
Joint Initiative for people
with Osteoporosis and
those who care for them.
What is your risk of



Flu season – already?

Yes, the time is here – along with the risks for developing symptoms of illness – fever, cough, congestion, chills, body aches, headaches, sore throat, fatigue – the flu is “nothing to sneeze at”!



On average, 60% of those who are hospitalized for the flu are 65 years of age and older. It's generally been recognized that this is because older individuals are at greater risk due to human immune defenses becoming weaker as we age. It is quite serious for people in this age group.

Good news is this can be prevented, rather than having to cope with the illness and its possible complications. The best way to prevent the flu is with a flu vaccine – recommended for everyone 6 months and older. An annual vaccine is needed to ensure the best possible protection against the current circulating viruses. Immunity generally sets in after about two weeks.

There are, however, special flu vaccines designed specifically for people 65 and older.

The high dose vaccine is designed specifically for this age group, as it contains 4 times the amount of antigen as the regular flu shot. It is to have a stronger immune response following this vaccination (a higher antibody production) and consequently, better protection. Mild side effects from a vaccine can include pain, redness, or swelling at the injection site, headache, muscle ache, and malaise. The high dose version may result in more of these mild side effects.

Peak season for flu activity often occurs in January and February. Flu vaccination can continue to be given throughout the season, starting in September when the vaccine becomes available. Additional ways to protect from the flu;

- **Practice good health habits** – covering coughs, washing hands often, and avoiding other who are sick.
- **Get medical advice quickly if you develop flu-like symptoms** – you may need medical evaluation (particularly if underlying health concerns are present). There are also antiviral drugs available that need to be used as early as possible in the development of the disease to benefit – generally recommended in the first 2 days of illness.
- **Get a pneumococcal vaccine if needed** - People 65 and older should be up to date with pneumococcal vaccine to protect against pneumonia, meningitis, and bloodstream infections. This can be a flu-related complication that is very serious. Talk with your medical provider to see if recommended.

Protect yourself and those you love from the flu!

Ask INA

Dear Ina,

I am hosting a holiday meal and we have family members who have different dietary issues. How do I accommodate their special needs?

-Holly Dazed

Dear Holly,

If you're hosting this year's Thanksgiving Dinner, it can already seem overwhelming! But, if your guests have certain dietary restrictions, it can add even more pressure. While you don't have to eliminate special Thanksgiving dishes you serve, it's nice to have a variety of dishes available so people with dietary restrictions can pick and choose foods they're able to eat.

Some dietary restrictions include:

No meat or fish

Vegan

Gluten-free

Lactose intolerance

Nut allergy

Shellfish allergy

Diabetic/low carb

Low sodium

Make sure to ask your guests ahead of time if there are any foods they can't eat and ask for suggestions or recommendations for alternatives. Consider asking all of your guests to bring a dish to pass, so they have something available they know they'll be able to eat. While preparing the dishes for the meal, be very cautious with pots, pans, spoons, and countertops so you don't cross contaminate dishes. Don't stir two different pots with the same spoon.

Try not to point out a person's dietary restrictions to all of your guests. This may embarrass them. Instead, discreetly point out dishes that your guest may want to avoid. Or, consider serving the food in a buffet style and place index cards listing the ingredients of each dish.

Finally, try not to make the entire day about just the meal. Plan some activity before and after the meal, whether it be playing board games or cards, going for a walk, watching football, or preparing for Black Friday shopping by looking at the ads!

Check out the next page for great healthy recipes to consider bringing to your next holiday meal.



It's time to
"Fall Back!"
Daylight Savings Time
Ends Sunday at 2am

Daylight Savings Time ends: Sunday November 5th

"Change Your Clock, Change Your Battery"

Adopt a new habit: Change your smoke alarm batteries every time you change your clock for Daylight Savings Time



Healthful Holiday Sides

Side dishes are a delicious part of a Thanksgiving meal. These recipes are a healthy twist on two classic sides.

This Fresh Green Bean Casserole is lower in sodium due to:

- Fresh green beans
- Low-fat milk instead of canned soup
- Whole wheat crackers instead of fried onions

This Root Vegetable Mash is lower in carbs and higher in vitamin A due to:

- Lower carb vegetables (parsnips, turnips, carrots)
- Variety of vegetables, including orange veggies

Root Vegetable Mash

Makes 8 servings

- 2 pounds root vegetables (such as parsnips, turnips, carrots, potatoes, sweet potatoes)
- ¼ cup butter
- 1 medium onion, chopped
- 2 cloves fresh garlic or ½ tsp dried garlic
- ¼ cup low-fat milk
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

1. Peel all vegetables and cut them into 2-inch pieces. Put veggies in a large pot and cover them with water. Boil vegetables until very tender. Drain water and transfer the cooked vegetables to a large mixing bowl.
2. While vegetables are cooking, melt butter in a medium skillet over medium-high heat. Add onion and garlic; cook until onion is soft.
3. Add the butter-garlic-onion mixture, milk, salt, and pepper to the cooked root vegetables. Beat with hand mixer (or mash with a potato masher) until well blended with some small pieces remaining.

Fresh Green Bean Casserole

Makes 16 servings

- 2½ pounds green beans, cut into 2-inch pieces
- 4 tablespoons olive oil
- 1 medium onion, thinly sliced
- 3 tablespoons all-purpose flour
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 2½ cups low-fat milk
- 16 low-sodium whole wheat crackers, crushed
- ½ cup shredded cheese (such as Cheddar, Parmesan)

1. Preheat oven to 425°F. In a large bowl, toss green beans with 1 Tablespoon oil. Spread in an even layer on two baking sheets. Bake for 20-25 minutes, tossing once.
2. Meanwhile, heat 2 Tablespoons oil in a large saucepan over medium heat. Add onion and cook until very soft and golden brown, 5 to 8 minutes. Add flour, salt, and pepper and cook for 1 minute. Add milk and cook, stirring, until the sauce bubbles and thickens. Remove from the heat.
3. Put half of the green beans in a 2-quart, oven-safe baking dish. Spread half the sauce over the green beans. Add the rest of the green beans and top with the remaining sauce.
4. In a small bowl, mix crushed crackers with 1 Tablespoon oil. Sprinkle the crackers and shredded cheese over the top. Bake until top of casserole is golden brown, about 10 minutes.

Fresh Green Bean Casserole, Nutrition Facts

per ½ cup serving: 98 calories, 5g fat, 2g saturated fat, 0 trans fats, 8 mg cholesterol, 4g protein, 9g carbohydrate, 3g fiber, 170 mg sodium.

Root Vegetable Mash, Nutrition Facts per ½

cup serving: 128 calories, 6g fat, 4g saturated fat, 0 trans fats, 17 mg cholesterol, 2g protein, 17g carbohydrate, 4g fiber, 340 mg sodium.

**FOOD
WISE**
Healthy choices, healthy lives.

**UW
Extension**
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Stoney Creek Adult Community S69W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 - Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

Waukesha County senior dining centers have more to offer to keep you healthy. Most centers offer blood pressure checks once a month, and some of them have foot care available. Blood pressure checks are done free of charge and are done by trained/experienced volunteers. Foot care or toe nail trimming is offered by professionals that come to the various sites, but there is a fee for foot care. The fees are different at each site based on what services are offered.

**The ADRC and Senior Dining Sites will be closed Thursday, November 23rd;
Friday, November 24th; Monday, December 25th; Tuesday, December 26th;
and Monday, January 1st and Tuesday, January 2nd.**

Eldercare Senior Focus Group of Southeastern Wisconsin, Inc.

November 9, 2017 from 10:00 am to 12:00 noon

New Berlin Library Community Room, 15105 Library Lane

“War Dogs: America’s Unsung Heroes”

Hear the stories about the loyal, courageous, furry warriors who are truly an enlisted man’s best friend. Learn about the valiant things military dogs do as told by the soldiers who fought beside them.



Immediately following this presentation, the Elder Benefits Specialists from the Aging & Disability Resource Center of Waukesha County will provide non-biased, objective information on Medicare Open Enrollment.

Refreshments will be provided

Questions and replies to Jean Lazarus 414-352-1966

www.ElderCareFocusGroup.com

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU NOVEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE Menu subject to change without notice		Ground Turkey Chili w/ cheese, onions, crackers Romaine Salad with Italian Dressing Cornbread w/ butter Fresh Banana	BBQ Pork on Bun Hashbrown Casserole Creamy Coleslaw Cantaloupe Ice Cream Alt: Diet Pudding	Breaded Fish Potato Pancakes Tartar Sauce / Ketchup Baby Carrots Spiced Apple Rings Baker's Choice Cookie Alt. Fresh Fruit
6	7	8	9	10
Chicken Stew with Stew Vegetables and Dumplings Brussel's Sprouts Baker's Choice Bread w/Butter Peach Halves	Scalloped Potatoes with Diced Ham Peas & Carrots Dinner Roll w/Butter Frosted Chocolate Cake Alt. Plain cake	Beef Macaroni Casserole Creamed Spinach Wheat Roll w/Butter Fresh Apple Peanut Butter Bar Alt. Diet Cookie	Crab Pasta Salad Creamy Cucumber Salad Dinner Roll w/ butter Mandarin Oranges Chocolate Cream Pie Alt: Sugar Free Chocolate Pudding	Thank you, Veterans! Roast Beef w/ gravy Baked Potato w/ Butter & Sour Cream Romaine Salad w/ Croutons, Parmesan and Italian Dressing Italian Bread w/ butter Frosted Brownie
13	14	15	16	17
Peachy Pork Roast Cheesy Potato Casserole Maui Vegetable Blend Potato Roll w/butter Snickerdoodle Cookie Alt: Fruit Cocktail	Stuffed Baked Potato Taco Meat, Cheese Sour Cream, Taco Sauce, Lettuce, Tomato Southwest Style Corn 7-Grain Bread w/butter Tapioca Pudding Alt: Fruit	GIVING THANKS Roast Turkey and Gravy Mashed Potatoes and Gravy Herbed Bread Stuffing Green Bean Casserole Cranberry Compote Pumpkin Pie w/ Whipped Topping	Beef Stew Quartered, Red Potatoes Carrot Raisin Salad Biscuit w/butter Chocolate-Iced Rice Krispies Bar Alt: Banana	Oriental Chicken Salad with Asian Vinaigrette, Mandarin Oranges Chow Mein Noodles, Almonds Blueberry Muffin Fresh Orange
20	21	22	23	24
Meatloaf Onion Gravy Mashed Potatoes w/ gravy Glazed Beets Multi-Grain Bread with/ butter Tropical Fruit Cup	Italian Sausage w/Onion & Green Pepper with Marinara Sauce Sausage Roll Vegetable Pasta Salad Pistachio Pudding Fresh Pear	Chicken Cordon Bleu Wild Rice Blend Wisconsin Blend Veg Mixed Greens/Dressing Whole Grain Dinner Roll w/ butter Coconut Cream Pie Alt: Fresh Fruit	THANKSGIVING PROGRAM CLOSED	PROGRAM CLOSED
27	28	29	30	
Denver Omelet Sausage Patty Hash Brown Potatoes Ketchup packet Cinnamon Raisin Bagel Butter & Jelly Orange Juice	Swiss Steak w/Tomato Gravy Au Gratin Potatoes Peas & Diced Carrots Rye Bread w/ butter Chilled Peaches	Baked Chicken Quarter Baked Sweet Potato w/ butter Broccoli Salad Potato Roll w/ butter Chocolate Mousse Alt: Chef's Choice Fruit	Mushroom Burger w/Swiss Cheese Wheat Burger Bun Ketchup & Mustard Baby Baker Potatoes Mixed Vegetables Mandarin Oranges	

What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! Here is a sampling of some of the great programs offered in Waukesha County libraries. If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.



Brookfield Public Library 1900 N. Calhoun Rd. Brookfield, WI 53005 (262) 782-4140. How to Use E-mail Tuesday, Nov 21 at 2:00 Registration required http://www.ci.brookfield.wi.us/38/Library	Delafield Public Library 500 Genesee St. Delafield, WI 53018 (262) 646-6230 Monday Movie Matinee: The Book of Henry Monday, Nov. 20 at 1:00 www.delafieldlibrary.org	Elm Grove Public Library 13600 Juneau Blvd. Elm Grove WI 53122 (262) 782-6700 The Essential P. T. Barnum Tuesday, Nov. 14 at 7:00 p.m. http://elmgrovelibrary.org
Hartland Public Library 110 E Park Ave Hartland, WI 53029 (262) 367-3350 Memory Café: Eleanor Roosevelt Visits Friday, Nov. 3 at 10:30 a. m. www.hartlandlibrary.org	Menomonee Falls Public Library W156 N8436 Pilgrim Rd Menomonee Falls, WI 53051 (262) 532-8900 Holiday Bazaar Saturday, Nov. 4 at 9:00-4:00 http://menomoneefallslibrary.org	Muskego Public Library S73W16663 Janesville Rd. Muskego, WI 53150 (262) 971-2100 Presidents Book Club Thursday, Nov. 16 at 2:00 p.m. www.ci.muskego.wi.us/library
Pauline Haass Public Library N64 W23820 Main St Sussex, WI 53089 (262)-246-5180 Make It! Holiday Ornaments Tuesday, Nov. 14 at 6:30 p.m. http://www.phplonline.org/	Pewaukee Public Library 210 Main St Pewaukee, WI 53072 (262) 691-5670 Lighthouse Slide Show Thursday, Nov. 9 at 6:00 p. m . Please register by calling. http://www.pewaukeeelibrary.org	Waukesha Public Library 321 W. Wisconsin Av. Waukesha, WI 53186 (262) 524-3680 True Grit: Mike Earp, Keynote Speaker Thursday, Nov. 2 at 6:00 p.m. http://waukeshapubliclibrary.org

“How beautifully leaves grow old. How full of light and color are their last days.”

John Burroughs

Energy Assistance and Weatherization for Waukesha County Residents



ENERGY ASSISTANCE

The Wisconsin Home Energy Assistance Program (WHEAP) provides assistance for heating costs, electric costs, and energy crisis situations. Operating with federal and state funding, the program provides assistance to households across the state to help lower the burden incurred with monthly energy costs. Most types of fuel are eligible to receive assistance. Whether you use wood, propane, natural gas, electricity, or fuel oil to heat your home, energy assistance is available if you qualify. Available October 15th through May 15th.

WEATHERIZATION AGENCY PRIORITIES AND SERVICE

The Division of Energy contracts with local agencies to provide basic weatherization services which:

- Reduce your home heating bills
- Save energy
- Make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

- Insulate attics, walls and floors
- Insulate or replace water heater
- Install energy efficient lighting
- Reduce air leakage
- Repair or replace furnace
- Test and/or replace refrigerator
- Perform a general health and safety inspection
- Provide information about maintenance and energy conservation



How to Apply

Your household may be eligible for Wisconsin Home Energy Assistance Program (WHEAP) and weatherization services based on a number of factors. However, if the gross income for your household is less than the amount shown on the following chart, you might be eligible to receive assistance. Households must complete a Home Energy Plus application through the local WHEAP agency.

For more information on the Wisconsin Home Energy Assistance Program (WHEAP) and how to apply, please call **1-866-HEATWIS (432-8947)**, or visit the "Where to Apply" tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

INCOME GUIDELINES FOR THE 2017-2018 HOME ENERGY PLUS PROGRAM YEAR

60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

HOUSEHOLD SIZE	3 MONTH INCOME	ANNUAL INCOME
1	\$ 6,650.25	\$26,601
2	\$ 8,696.25	\$34,785
3	\$10,742.50	\$42,970
4	\$12,788.75	\$51,155
5	\$14,835.00	\$59,340
6	\$16,881.25	\$67,525
7	\$17,264.75	\$69,059
8	\$17,648.50	\$70,594

The Home Energy Plus Program uses a previous three month income test which is annualized to determine program income eligibility.

Caregivers have a trusted partner in the Alzheimer's Association®

With more than 15 million Americans caring for a person with Alzheimer's disease or another dementia, statistics show these individuals are not alone. This November, as we honor caregivers as part of **National Family Caregivers Month**, we want to remind all those who take on this important role that the Alzheimer's Association is here — all day, every day — providing support along this journey.

The Association is just a phone call away for those who need information, advice or simply to talk. Our **24/7 Helpline** (800.272.3900) is staffed around the clock, 365 days a year by specialists and master's-level clinicians who understand the challenges of caregiving and can help callers determine how to approach them.

In addition, our **Alzheimer's and Dementia Caregiver Center** at alz.org/care is a comprehensive resource that offers reliable information on early-, middle- and late-stage caregiving; respite care; care facilities; potential costs; legal documents; safety and much more. The site also provides easy access to online tools including Alzheimer's Navigator®, which can be used to evaluate needs and create customized actions plans of information and support, and ALZConnected®, an online community where visitors can connect with other caregivers.

Prepare for the holidays with tips from the Alzheimer's Association



The holidays are often filled with sharing, laughter and the enjoyment of each other's company. But they can also be filled with stress, disappointment and sadness. A person with Alzheimer's disease may feel a special sense of loss during the holidays because of the challenges he or she has experienced. At the same time, caregivers may feel overwhelmed with the responsibility of maintaining traditions while caring for a friend or family member.

The holidays can be less stressful for everyone when activities are planned ahead of time. The Alzheimer's Association® offers resources like the [Holidays](#) information sheet as well as the [Holidays and Alzheimer's Families](#) page on alz.org/care to help caregivers approach the season and make celebrations more enjoyable for all. During this season of togetherness, people visit with friends and family they rarely see face-to-face, providing an opportunity to notice the [10 Warning Signs of Alzheimer's Disease](#). If you observe any of these signs in a friend or family member, it's important to see a doctor to determine the cause. Early detection allows people to plan for the future and live well for as long as possible.

Help with Meals

Winter is fast approaching and people in Wisconsin should be preparing their homes and pantries for the coming months ahead. Before the winter sets in plan to have self-stable meals on hand for the days where it is too cold or blustery to be out in winter weather. Ready to eat items such as canned soups, stews, peanut butter, canned meats, vegetables, canned and dried fruits and nuts are good options. In Wisconsin, winter conditions cause an average of 50,000 vehicle crashes and 45 deaths per year therefore it's best to stay off the roads during a winter weather advisory. If the weather is tolerable but you still do not want to be out in the cold, another option to consider would be meal delivery. There are many options for meal delivery, from meals on wheels to your local grocery store. Here is a breakdown of some options in Waukesha County:



- * **Meals on Wheels:** Waukesha County's Meals on Wheels program offers meals to homebound seniors 60 and older. An in-home nutrition assessment is needed in order to qualify for the meals on wheels program. Participants must meet specific criteria to be eligible and must be unable to prepare adequate meals for themselves. Each meal contains an entrée, vegetable, starch, fruit, and a carton of milk. Eligible participants will receive a monthly donation statement which shows the number of meals received and the suggested donation. No eligible participant will be denied a meal based on inability to contribute.
- * **Online Delivery Meal Service:** More and more we are seeing ads for online meal delivery services willing to do the cooking for you. Among them are Dine Wise, Magic Kitchen, or Personal Chef to Go. Whether you're celebrating a special occasion or want meals on a weekly basis, chances are you can find a company to provide meals that fit your taste and budget and will be delivered to your doorstep. Some offer senior discounts, or provide deeper discount when you order in bulk. But, as with anything you purchase online it's important to learn as much as you can about the company and their products before you buy.
- * **Local Restaurants:** Many local restaurants also offer home delivery. These services vary widely from place to place, but many deliver free of charge, though you're usually expected to tip the delivery person. You can find delivery options in your area by checking the Internet or looking in your local telephone book.
- * **Grocery Stores:** Lastly, many grocery stores are offering home delivery service and many of them offer a selection of pre-cooked meals and foods, including roasted chicken, mashed potatoes, fresh soups and salads. Waukesha County grocery stores which offer home delivery in the local municipality in which they are located include Woodmans, Sentry, Meijer and Sendiks. Call to confirm they will deliver to your area before assuming they will.

So whether you are too busy to cook, have a medical condition which prevents you from driving or if you don't want to go out in the cold it is good to know that you have options for home delivery. More importantly, have some self-stable foods on hand for the days when no one should be out driving on the roads.



Volunteers Needed to Assist with Snow Removal



Did you know that volunteers cannot deliver a hot meal on an snow covered driveway? Seniors will try to shovel their own driveway if they do not have help, putting themselves at risk of falling. Each year, we are unable to find a snow removal volunteer for over half of the seniors who need our help. Help us keep the seniors in Waukesha County safer this winter by signing up as a snow removal volunteer today! Help is needed from the first snow fall until April. You will be matched with an ongoing person and will be expected to shovel every snowfall.



Contact Anna for more information at (262) 522-2402 or AnnaR@ERAsWaukesha.org

From the Desk of Your Benefit Specialist



Medicare Open Enrollment 101

Know your options and get free help.

As autumn progresses, it's important to keep your health in mind. Medicare's fall open enrollment period will allow you to review your plan options.

Maybe you have a new prescription that is not covered by your current drug plan or you have a new health condition. To ensure you get the most from Medicare in 2018, you should research your Medicare plan options during Medicare open enrollment.

Open enrollment begins Oct. 15 and ends Dec. 7. Changes made during this time will take effect on Jan. 1, 2018.



During open enrollment, you can:

- Adjust Medicare Advantage or Medicare prescription drug coverage.
- Change from original Medicare to a Medicare Advantage plan (or vice versa).
- Switch between Medicare Advantage plans.
- Join a Medicare Prescription Drug Plan.
- Switch existing drug plans or drop Medicare prescription drug coverage.

If you're unsure where to start, complete the plan comparison form on the next page. Return the completed form to the ADRC for your personalized plan comparisons. You can have your plans mailed to you or sign up for a free workshop to get all your questions answered. Workshop dates and time are listed on the form.

Important HealthCare Marketplace Insurance Enrollment Information

Open enrollment for 2018 Marketplace Insurance starts November 1, 2017 and ends December 15, 2017. Plans sold during Open Enrollment start January 1, 2018.

The Marketplace can help uninsured people find health insurance coverage. If you don't have health insurance through an employer, Medicare, Medicaid, the Children's Health Insurance Program (CHIP), or another source that provides qualifying health coverage, the Marketplace can help you get covered.

- You can still use the Marketplace to purchase insurance even if your employer offers insurance, however, you'll forfeit the tax credit and pay the full premium unless your employer's insurance doesn't meet certain standards. Most job-based plans do meet the standards.
- If you have Medicare: You can't switch to Marketplace insurance to supplement your coverage.
- You may qualify for a premium tax credit that lowers your monthly insurance bill, and for extra savings on out-of-pocket costs like deductibles and copayments.
- The Marketplace plans are offered by private insurance companies with a range of prices and features.

Applying on HealthCare.gov is easier than ever, and many people can apply, pick a plan, and enroll in a single sitting. You can apply any way that works for you:

- Online
- By phone
- With in-person help
- With a paper application, by mail

After December 15, you can enroll in 2018 health insurance only if you qualify for a Special Enrollment Period.

If you can afford health insurance but choose not to buy it, you must have a health coverage exemption or you may pay a fee when you file your taxes . You're considered covered if you have Medicare Part A or Part C, Medicaid, CHIP, any job-based plan, an individual health plan, COBRA, retiree coverage, TRICARE, VA health coverage, or some other kinds of health coverage.

To apply or learn more, visit HealthCare.gov or call the Marketplace Call Center at 1-800-318-2596. TTY users can call 1-855-889-4325.

Waukesha County Residents: Do you need help comparing 2018 Medicare plans? Fill out and return the form below

When we receive your form, we will complete a personalized search of your top 2 lowest-cost Drug and/or Advantage Plans. Attend our workshop to pick-up your packet and understand the results. Please fill out the form below and select a workshop or go online to <https://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/> and



click the Open Enrollment link; otherwise, your plan comparisons will be mailed. Medicare Open Enrollment runs from October 15th – December 7th. Call 262-548-7848 with questions.

Mail to or drop off in person: ADRC, 514 Riverview Ave, Waukesha WI 53188

Email to: adrc@waukeshacounty.gov

Fax to: #262-896-8273

How do you want to receive your plan comparisons?

(please check one)

☐ Mailed

☐ Workshop

Attend Workshop:

☐ Mon. 11/6 10-11am

☐ Thurs. 11/9 1-2pm

☐ Mon. 11/13 1-2pm

☐ Fri. 11/17 10-11am

☐ Tues. 11/21 10-11am

☐ Wed. 11/29 1-2pm

☐ Fri. 12/1 10-11am

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Phone _____

Current Plan _____

Medicare ID # _____ Start Date: Part A _____

Part B _____

Pharmacy Preference _____

<i>Drug Name</i>	<i>Dose Amount</i>	<i>How often Taken</i>

I understand that the accuracy of the Medicare Plan Finder depends upon the information entered by the Centers for Medicare & Medicaid Services, as well as the information that I have provided to the Elder Benefit Specialist regarding my medications and pharmacy preferences. The Medicare website is subject to revision and/or error. The most accurate information is available by contacting the plan directly. **We recommend that you contact the plan before you enroll to be sure that your medications will be covered and that your pharmacy is part of the plan you select. The EBS is not recommending any particular plan.** I have selected the plan that best suits my needs and budget. I take full responsibility for the plan that I choose. **I understand that any and all follow-up matters with this plan are my responsibility.** If I have reason to believe that the enrollment did not go through for some reason, I will notify the plan immediately. **I understand that all enrollments must be made by December 7th, 2017.**



I acknowledge that participants can generally only change Medicare plans once per year during the Annual Enrollment Period. By enrolling in this plan now, I understand that unless I qualify for a special enrollment period, I will probably have to stay in this plan for a year before I can drop or switch plans again.

Medicare Beneficiary signature: _____ Date: _____

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848